



Меѓународен Универзитет Визион - International Vision University
Universiteti Ndërkombëtar Vizion - Uluslararası Vizyon Üniversitesi

Adres: Ul. Major C. Filiposki No.1, Gostivar – Makedonya
tel: +389 42 222 325, www.vizyon.edu.mk, info@vizyon.edu.mk

SYLLABUS

COURSE NAME	COURSE CODE	SEMESTER	COURSE LOAD	ECTS
POSITIVE PSYCHOLOGY	5037	7	180	6

Prerequisite(s)	None
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Course Language	Turkish
Course Type	Elective
Course Level	First Cycle
Course Lecturer	
Course Assistants	
Classroom	
Extra-Curricular Office Hours and Location	Meeting: Consultancy:

Course Objectives	The aim of this course is to help students the understand and use the positive psychology in the context the psychological counseling and guidance.
Course Learning Outcomes	<ul style="list-style-type: none">• Understand development of positive psychology.• Understand the basic concepts of positive psychology.• Use of positive psychology on psychological counseling context.• Use of positive psychology at guidance services.
Course Contents	Development of positive psychology, Psychological resilience, Happiness, Quality of life, Flow experience, Assessment in positive psychology.

WEEKLY SUBJECTS AND RELATED PREPARATION STUDIES

Week	Subjects	Related Preparation
1	Introduction: Content, Importance, Rules and Requisites	Related Chapters of Course Sources
2	Development of positive psychology	Related Chapters of Course Sources
3	Basic principles of positive psychology	Related Chapters of Course Sources
4	Psychological resilience	Related Chapters of Course Sources
5	Happiness	Related Chapters of Course Sources
6	Quality of life, life satisfaction and subjective well-being	Related Chapters of Course Sources
7	Mid-term Exam	Related Chapters of Course Sources
8	Flow experience	Related Chapters of Course Sources
9	Assessment in positive psychology	Related Chapters of Course Sources
10	Positive psychology and counseling	Related Chapters of Course Sources
11	Positive psychology and guidance	Related Chapters of Course Sources
12	Positive psychology and guidance	Related Chapters of Course Sources
13	Student presentations	Related Chapters of Course Sources
14	Student presentations	Related Chapters of Course Sources
15	Final Exam	Related Chapters of Course Sources

ECTS / WORKLOAD TABLE

Presentation / Seminar			
Hours for off-the-classroom study (Pre-study, practice)	14	3	42
Midterm Exam	1	12	12
Final examination	1	14	14
Total Work Load			
ECTS		6	

GENERAL PRINCIPLE RELATED WITH COURSE

Dear students,

In order to be included, learn and achieve full success that you deserve in the courses you need to come well prepared by reading the basic and secondary textbooks. We are expecting from you carefully to obey to the course hours, not to interrupt the lessons unless is very indispensable, to be an active participant on the courses, easily to communicate with the other professor and classmates, and to be interactive by participating to the class discussions. In case of unethical behavior both in courses or on exams, will be acting in framework of the relevant regulations. The attendance of the students will be checked in the beginning, in the middle or at the end of the lessons. Throughout the semester the students who attend to all lectures will be given 15 activity-attendance points in addition to their exam grades.

SOURCES**COMPULSORY LITERATURE**

No	Name of the book	Author's Name, Publishing House, Publication Year
1	Psikolojide Güncel Kavramlar 1 Pozitif Psikoloji	Kate Hefferon, İlona Boniwell, Çev. Kollektif, Nobel Yayın Dağıtım, 2015
2	Positive psychology: An introduction.	Seligman, M.E. & Csikszentmihalyi, M., American Psychologist, 55, 5 14., 2000
3		

ADDITIONAL LITERATURE

No	Name of the book	Author's Name, Publishing House, Publication Year
1	10 Adımda Pozitif Psikoloji	Prof. Dr. Nevzat Tarhan, Timaş Yayınları, 2016
2	Authentic happiness: Using the new positive psychology to realize your potential your potential for lasting fulfillment.	Seligman, M., Free Press., New York, 2002
3		

EVALUATION SYSTEM

Underlying the Assessment Studies	NUMBER	PERCENTAGE OF GRADE
Attendance/Participation	15	% 10
Project / Event	1	%20
Mid-Term Exam	1	%35
Final Exam	1	%35
TOTAL	17	%100

ETHICAL CODE OF THE UNIVERSITY

In case of the students are cheating or attempt to cheat on exams, and in the case of not to reference the sources used in seminar studies, assignments, projects and presentations, in accordance to the legislations of the Ministry of Education and Science of Republic of Macedonia and International Vision University, will be applied the relevant disciplinary rules. International Vision University students are expected never to attempt to this kind of behavior.